Habit of Mind

It’s not what you look at that matters, it’s what you see.

Henry David Thoreau

Henry David Thoreau (1817—1862) was an American author, poet and philosopher.

Important March Dates

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<td>THUR 15</td>
<td>Year 12 Drama Excursion</td>
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<td>THUR 15</td>
<td>Parent / Teacher Interviews</td>
<td>3PM—6.30PM</td>
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<td>TUE 20</td>
<td>P&amp;C Meeting</td>
<td>7PM—8.30PM</td>
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<td>FRI 23</td>
<td>Rock Eisteddfod Money Due</td>
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<td>TUE 27</td>
<td>Year 11/12 Accounting Pathways Excursion</td>
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Important April Dates

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If you would like your copy of Mitchie Moments emailed to you, have any feedback on the newsletter, or would like to contribute an article, please contact Kim Grant on 3550 1111 or by emailing admin@mitcheltonshs.eq.edu.au

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From the Principal

I would like to start this article with a quote from Lou Holtz, an American University professor, philosopher and famous college football coach.

He states:

"Ability is what you’re capable of doing. Motivation determines what you do with that ability. Attitude determines how well you do it."

I would ask all students to think about what this means to them.

Your teachers have combined over many years to give you ability; the ability to read, the ability to write, the ability to think, the ability to speak your thoughts and the ability to work together to achieve a common goal. I applaud the job your teachers do.

Motivation comes from support and guidance provided by those responsible for caring for teenagers. I would ask all carers to think what this means to them. Whether they are flying or battling, teenagers need to know there is a hand there to help them.

The motivation that we as adults must provide is to encourage them to keep at it and not to give up on the ability they have, the motivation to believe in themselves, the motivation to go to bed early enough to not be grumpy next day, the motivation to get up and go to school with a positive attitude and the motivation to be the best they can in life. I thank the parents and carers for the job you do.

Finally to the students:

If the teachers look after ABILITY and the parents and carers look after MOTIVATION, what is left for you? That’s right—ATTITUDE. The attitude you take with you in life is the key to happiness.

As you grow into an adult the words of Lou Holtz become more and more your responsibility.

ABILITY is what you can do, MOTIVATION is what you do with that ability and ATTITUDE determines how well you do it.

Regards,

Phil Campbell—Principal
Email: pcamp6@eq.edu.au
How to seek help if feeling really stressed and anxious.

There are times when we all have problems that seem too big to sort out on our own. If you are feeling stressed or really anxious, one of the best things you can do is to talk to someone. Being able to tell friends is important, however, it is best to tell an adult as they are more likely to know what to do. They may suggest options you hadn’t thought of and put things into perspective.

It can be hard to know what is “normal”. You may be suffering from stress, anxiety or depression if you have certain symptoms. You may have a few of the following - are unusually sad for more than a few weeks, crying or angry all the time, have a change in eating and sleeping patterns, have lost interest in friends and things you usually enjoy, lack of motivation, grades are dropping at school, feel guilty for no reason or have feelings of worthlessness. Some people suffer physical symptoms as well. Some symptoms include, breathing too fast (hyperventilation), heart beating too fast (palpitations), stomach complaints, headaches and tiredness.

There are services in the school, such as myself and also the other members of the support staff at school, who can assist.

- Your family doctor (general practitioner)
- Child Youth and Mental Health Services
- Head space – a new service at Nundah
- Life Line 131114
- Kids Help line 1800551800 (24hrs/7 days)
- www.beyondblue.org.au
- www.reachout.com.au

To find out if you are eligible please contact Mrs Jo Wainwright-Smith or go to www.qsa.qld.edu.au/1102.html

Joanne Wainwright-Smith
HOD Senior Schooling/Student Welfare/Manual Arts
Email: jwain2@eq.edu.au

On Sunday 4 March, 26 students and staff rose early to participate in this year’s Clean Up Australia Day. Across Australia, thousands of volunteers picked up rubbish in parks, along beaches and streets. Mitchie’s volunteers began at 7:30am and managed to pick up several bags of rubbish.

Dedicated students, staff and their families included Mrs Martin, Ms Ji, Ms Smith, Dylan G, Mrs Olivero, Erika S, Ms Crawford, Kate C, Nathan DM, Mrs Sandra De Marchi, Mrs Johnson, Yuxing S, Brenda R, Blake C, Phil Campbell, Shelley Bampton, Oska Bampton, Yoshi Fletcher, Mrs Kay Affleck, Michael A, Mrs Rose, Coen Rose, Kobi Rose, Jacob C, Ms Byrne and Calista A. Hopefully 2013’s Clean Up Australia Day will be an even more successful event.

Jo Smith
Green Team Coordinator
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> Youth Health Nurse News

Melanie Hilder
Youth Health Nurse
Monday, Thursday and alternate Wednesdays
3550 1141
WE NEED YOUR HELP!

We are excited to announce that Mitchelton SHS has entered The ROCK EISTEDDFOD CHALLENGE - RAW, 2012.

The Rock Eisteddfod Challenge - RAW is a “story dance” event. Unlike the usual Rock Eisteddfod, this RAW category is affordable and accessible for all school students as big budgets are not required for backdrops and sets. What is encouraged? Creativity, resourcefulness and teamwork!

As our entry in The Rock Eisteddfod Challenge - RAW, 2012, Mitchelton SHS has decided to extend upon our Wakikirri Dance from 2004. We believe the story of the father leaving for war after the son’s birthday party and consequently dying is a very powerful story as it highlights the human face of war. This theme is particularly relevant to our school as many students have parents linked with the Enogerra army barracks.

The performance is scheduled for Friday 3 August at the Brisbane Entertainment Centre.

What is show day all about? It is a challenge to convey the excitement, the energy, the buzz and benefits to students that are experienced at a show day. There really is no other experience quite like show day – for students and teachers alike.

One of the highlights of the day for teachers, students, parent helpers (and even the REC crew) is the morning and afternoon ‘Dance Sessions’. These involve endless chanting, busting out whatever dance moves you can and getting into the spirit of the event with everyone else who has gone through everything you have to get to show day. Apart from rehearsals there is a range of activities students can take part in – sporting clinics, fitness drills, singing comps and health clinics. These are facilitated by sponsors and organisations kind enough to donate their time (and their energy) to help.

We have an amazing team of talented dancers and actors who have already successfully auditioned, and we are well under way towards creating a moving and entertaining dance piece.

So - how can you help?

Any contacts that we may be able to utilise would be greatly appreciated as we are desperate to reduce costs. For our entry in The Rock Eisteddfod Challenge – RAW, 2012, we need:

- T-shirts
- Fabric and patterns
- Bus and Truck hire
- Cash donations

We need long-sleeved, screen printed t-shirts for our students to wear to identify our school and theme.

For costumes.

For transportation of students and sets.

From local businesses that are willing to donate towards helping our students realise their abilities.

Also, any help in making costumes would be greatly appreciated. If you think you can help, please phone Tracey AhBoo or Sally Scholtz on 3550 1111.

Thankyou in anticipation.

Mitchelton SHS

ROCK EISTEDDFOD CHALLENGE - RAW, 2012

LEST WE FORGET

T-shirts
Fabric and patterns
Bus and Truck hire
Cash donations

> Year 10 Trade Taster 2012

Nominations now open!
Year 10 Trade Taster Program 2012

Do you have students in Year 10 who like practical work and using their hands? Are they considering a career in the trades? Try our Trade Taster program!

Cost: $70 per student
When: July to November 2012 (excluding school holidays)
Where: Bracken Ridge, Eagle Farm, Acacia Ridge or Alexandra Hills

How does it work?
Attend one day per week for 16 weeks, undertake training in up to 3 different trade areas and spend 5 days (1 day per week for 5 weeks), in each trade area.

Nominations are now open and close Friday 30 March! Nominations can be collected from Mrs Wainwright-Smith and are to be completed by students.

Joanne Wainwright-Smith
HOD Senior Schooling/Student Welfare/Manual Arts
Email: jwain2@eq.edu.au
The Australian Defence Force (ADF) Gap Year program provides an opportunity for young Australians, who have finished Year 12 (or equivalent) within the previous two years, to experience continuous military training and lifestyle before going on to study or a selected career. It provides a once in a lifetime 'one year work experience' program in the Navy or Army rather than a 'career' for life. The Air Force Gap Year is currently not available.

The life skills and job training that you will acquire during your Gap Year experience will be valuable regardless of what career you ultimately undertake. You could earn more than $50,000 over the 12 month period for your Gap Year. There is a competitive selection process for Gap Year and a limited number of placements available each year. Due to the popularity of Gap Year, applicants will be required to complete a full application online. Navy and Army candidates will be considered for General Entry roles only.

For more information, please go to: http://www.defencejobs.gov.au/education/gapyear/
Teenagers and sleep

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager’s life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager’s body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don’t allow them to sleep in. This nightly ‘sleep debt’ leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager’s sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
- **Vicious circle** – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.
- **Social attitudes** – in Western culture, keeping active is valued more than sleep.
- **Sleep disorder** – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Effects of sleep deprivation

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally ‘drifting off’ in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Reduced academic performance
- Increased number of ‘sick days’ from school because of tiredness
- Truancy.

Preventing sleep deprivation – tips for parents
Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.
- Work together to adjust your teenager’s body clock. You may like to consult with your doctor first.

Preventing sleep deprivation – tips for teenagers

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
- Keep your room dark at night. The brain’s sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- Add an extra 10 minutes every week until you have reached your desired bedtime.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

Other issues to consider

If lack of sleep is still a problem despite your best efforts, suggestions include:

- Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
- Consider learning a relaxation technique to help you wind down in readiness for sleep.
- Avoid having any food or drink that contains caffeine after dinnertime. This includes coffee, tea, cola drinks and chocolate.
- Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.
- See your doctor if self-help techniques don’t increase your nightly sleep quota.

Where to get help

- Your doctor
- Sleep disorder clinic
Things to remember

- Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.
- Chronic sleep deprivation can have dramatic effects on a teenager’s life, including reduced academic performance at school.
- Even 30 minutes of extra sleep each night makes a difference.
- All recreational drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep.

This page has been produced in consultation with, and approved by:

Newcastle Sleep Disorders Centre

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